

Choose Canned and Dried Vegetables for Between Season Use

Excellent Brands of Sweet Potatoes, Lima Beans and Corn and Three "Cookellized" Products

by Anne L. Pierce, Director, and Florence M. Lee, Tribune Institute

BETWEEN seasons is the time to use the canned and dried vegetables. The brands discussed this week are excellent, whether viewed from the standpoint of wholesomeness or of quality; and the special uses worked out for the canned corn, and sweet potatoes especially, prove what a mistake it is to put no work at all on the canned goods just because so much has been done for you. Canned corn, three days running, would certainly discourage its most ardent advocate. At the corn chowder and scalloped corn made this week in the Institute from the tested brand were delicious, not makeshifts.

Sweet Potatoes in the Can

The sweet potato season is much shorter than its popularity and many Northerners are entirely unacquainted with the sweet, deep-yellow potato of the South. While the potatoes of the Mac-Q brand were "ramlike" in their moisture content, color and sweetness, they were not really yams. Their quality is excellent, their color deep and their flavor fine (9 per cent of sugar, 22 per cent of protein and 65 per cent of water).

They are peeled and cooked, so that they are ready for serving with no labor, or merely "heating up."

But for variety there are a number of extremely attractive dishes that were worked out in the Institute laboratory-kitchen. The sweet potato pie and the croquettes were both good, but the palm went to the candied sweet potatoes, which were most delicious. A close second in flavor was the potato soufflé, which, even after long standing, had a light, delicate texture and a distinctive flavor.

Sweet Potato Pie

3 tablespoonfuls butter
1/2 cupful sugar (brown or white)
2 eggs
1 cupful milk
1 1/2 cupfuls sweet potatoes

1 1/4 teaspoonful salt
1/4 teaspoonful allspice, cinnamon and nutmeg
1/4 teaspoonful ground cloves
1-3 teaspoonful salt

Cream together the butter and sugar. Add the eggs, beaten without separating, then the other ingredients in the order given. Bake the pie for about twenty-five minutes in a hot oven (400 degrees F.). Cover with a fluffy meringue unless the pie has strips of pastry across the top in "cross-bar" fashion. Do not use a top crust.

The sweet potato pie is to the South what the pumpkin pie is to the North, and, as has been said, the latter is mainly the "fingerbread." The spicing is important, but the sweetness and dryness of the potato deserve some credit for the excellent result.

Sweet Potato Croquettes

This recipe for sweet potato croquettes is one sent in to us for test and makes a fine accompaniment for a roast, fowl or duck.

2 cupfuls sweet potatoes, mashed
1 egg
2 cupfuls flour
1/2 cupful milk
1/2 cupful almonds

Into the well beaten egg stir the melted butter and the almonds that have been put through a food mill. Add the potato. Shape into croquettes, roll in flour and fry in deep fat at 370 degrees. This will make one dozen croquettes.

The very slight almond flavor obtained hardly justified the expense or trouble, therefore either add more or leave the nuts out altogether. The almonds after blanching might be split and laid lengthwise on the side of the croquettes before rolling in flour.

Sweet Potato Soufflé

By this soufflé recipe a little cold potato can be transformed into a puffy, delicious dish. It is not highly spiced, the delicate flavor of the vegetable being retained:

1/2 can (12 1/2 ounces) sweet potatoes
1/4 cupful salt
1/4 cupful sugar
1/4 cupful butter
1/4 cupful milk
1/4 cupful almonds

Mash the potatoes or put them through a ricer. Add the beaten egg yolks to the other ingredients. Stir the potato into this, then fold in the stiffly beaten egg whites. Bake this for an hour in a buttered baking dish with the oven at about 425 degrees F. An hour seems a long time to cook a soufflé, but this is not a liquid one, and it does not fall quickly, having a "sponge-cake" texture.

Candied Sweet Potatoes

8 medium potatoes
1 1/2 cupfuls brown sugar
1 1/2 cupfuls water
Cinnamon

Boil the water and sugar together until the consistency of a thin maple syrup. Slice the potatoes into a buttered baking dish, dot with butter and pour the syrup over them.

Who's Who in Foodville



The Plan of Work



THESE PRODUCTS HAVE BEEN SUBJECTED TO A CHEMICAL TEST AND SHOWN TO BE OF EXCELLENT QUALITY AND FREE FROM ADULTERATION. COOKING TESTS IN THE INSTITUTE LABORATORY HAVE BEEN MADE TO DETERMINE THEIR EDIBILITY AND ADAPTATION TO SPECIAL USES.

THE RESULTS OBTAINED ARE REPORTED IN PART ON THIS PAGE, AND ANY FURTHER INFORMATION DESIRED MAY BE OBTAINED BY APPLICATION TO THE INSTITUTE.

The Foods Tested

Beech-Nut Brand Spaghetti
Beech-Nut Packing Company, Rochester, N. Y.
Warwick Brand Lima Beans
Joseph Blakely, Inc., Freshford, N. J.
Queen Sugar Corn
Queen Baby Succotash
Koenig & Schuster (Distributors), New York City
Sweet Potatoes
Libby, McNeill & Libby, Chicago, Ill.
Mac-Q Brand Sweet Potatoes
Mac-Q Company, Inc., Collins, Miss.
Cookellized Dried Onions
Cookellized Dried Carrots
Cookellized Powdered Asparagus
Southland Products Company, Humboldt, Tenn.
and Dr. John P. Kelly, Pittsfield, Mass.



"Eating One's Way West" With The Tribune Institute Director

During her trip to the Pacific Coast, and the six weeks' inspection tour in that section of the country, Miss Pierce will keep in touch with the Institute readers through her "food" letters. These will appear each Sunday on this page, beginning with the issue of next Sunday, February 19.

Dear Institute Fans: We are on our way West to make the personal acquaintance of every lemon and orange, sardine and tuna fish, prune, raisin and walnut on the Pacific Coast for the purpose of letting you know all about them. In the meantime we just cannot keep to ourselves the happenings, and especially the food adventures by the way. Food means sociability, and relaxation, more strength, and health, and joy in the getting of it, to us!

Any thing that must be done three times a day should be made a part of the fine art of living and the most gotten out of it that is possible. Any one who eats the way a doctor replenishes the furnace, just to keep things going, is wasting a golden opportunity. Small and taste are God-given faculties and should be used. But the pleasures of the table are not mere sense pleasures, they include adventure, choice, sociability, the gladness of hospitality, and the more confidential conversation that seems incidental to breaking bread together. Both the festival and the sacramental elements enter into every meal—if it is a success. And if it is not—there is always another one coming!

You are invited to "eat along with us" from coast to coast. Anne L. Pierce, Director, Tribune Institute.

Low Temperature Processed Carrots, Asparagus and Onions Are Exceptional

WE rather regret to call the Cookellized products by any of the old names because they come back to normalcy without any soaking, are made from fresh, young, tender vegetables in the beginning, and the gentle method of low temperature drying used has amazingly little effect on color and flavor. These products do not advertise, they sell parcel post, and we have no ax to grind in the matter. We are telling you the plain "news" about a new type of product, whose compactness, convenience, freedom from refuse, and ease of transportation and storage, combined with quality, make it a boon to travelers, campers and kitchenettes and a convenience for any one. (Another brand, the Veeo, an imported Holland product, is also of exceptional quality.)

Asparagus Powder

The three products reported on this week are dried onions, carrots, and an asparagus powder. The latter makes a very delicate cream soup with little trouble, but does not go into solution perfectly, and the flavor is not distinctive. It was well liked, but not identified, tasting rather like a strained oyster or well flavored potato or celery soup. The spinach powder is more characteristic in flavor.

The asparagus powder has only 10.4 per cent of water left in it, whereas the original asparagus had 84 per cent of water. This concentra-

Sprinkle on a little cinnamon. Repeat in layers until all material is used. Cook about one-half hour in a moderate oven (375 F.).

Both of the sweet potato packs were solid, with no waste and no drained moisture, the Libby brand being twice as dry as the Mac-Q, but relatively less sweet—due, doubtless, to the variety of potato canned. Some allowance must be made in "candy" for the difference in moisture in the product. "Solid dry pack Mississippi Golden Yellow," as claimed for the Mac-Q brand, is right, and "A product always dependable, retaining its natural sweetness and flavor," on the Libby brand, is another well chosen label.

We really think that these products are of unusual interest, and, as ever, they are a special boon to those guilty of "light housekeeping," as they are peeled and ready for the grill, needing only a finishing touch.

trated powder represents 41 per cent protein, 8 per cent of minerals, and is about 42 per cent soluble—so even a teaspoonful of powder added to a cup of milk adds to its nutrition.

The soup (excellent for children and invalids) was made in this wise:

Cream of Asparagus Soup

For each cup of soup allow from one to one and a half teaspoonfuls of asparagus powder. Put this on with one cup of boiling water. Cook twenty-five minutes, add three-quarters of a cup of milk, one teaspoonful of butter, salt and pepper to taste, one teaspoonful of flour for thickening. Let this boil up once and serve.

Carrots and Onions

The dehydrated carrots show an eightfold concentration, have an excellent flavor and appearance, and make a fine product in every way. Served with a chicken dinner they made a place for themselves on the menu when cooked according to the recipe on the box, with no pre-soaking. The handling was as follows:

One cupful of carrots is placed in six cupfuls of boiling water with a teaspoonful of sugar and boiled for forty-five minutes, covered. No longer cooking was necessary, though five or ten minutes more after adding the salt was suggested. No water should be drained off. Thicken the water that remains with butter and flour (one tablespoonful

each), add milk and seasoning, let it come to a boil and serve.

A quarter of a cupful of carrots measured three-quarters of a cupful when cooked and only a quarter cupful of liquid remained. This would make two small portions—or one large one. The slices of carrot were whole, but soft and delightful in color and flavor.

The dried onions are one of the most interesting of all because they are so essential in small quantities, so difficult to handle and prepare without much "odorousness." A fiber box of dried onions is a great ally to savory, easy cooking, and these were most delicate and satisfactory for either creaming or frying to serve with steak. No peeling, remember, and none left over, just the amount you need on top either for flavoring or use as a vegetable.

Flavor and texture were reported as perfectly satisfactory. There is only 14 per cent of water left of the original 87 per cent and 67 per cent of the material is water soluble. The dried substance absorbed seven

times its own weight of water during cooking.

When one tablespoonful of onion was boiled for five minutes in one-half cupful of water (put on boiling) the "fresh point" seemed to have been reached, and they were then fried in half an ounce of salt pork. Treated this way they could have been as successful served with steak as though one started with the fresh product.

For creaming, the following procedure was followed:

Creamed Cookellized Onions

1/2 cupful dried 1/2 cupful flour
1/2 cupful milk
1/2 cupful salt and pepper
1 1/2 cupful boiling water

Pour boiling water on the onions and cook for thirty minutes. If the water boils away replace it. Add the salt (about one-half teaspoonful) and cook for five minutes more. Put in the milk and thicken with the creamed butter and flour. Add pepper, allow to boil up once and serve. This will make about two portions.

Vegetables Should Not Grow Too Much Before Canning or Marketing

THE Blakely and the Koenig & Schuster brands of lima beans, succotash and sugar corn are notable especially for their youth and

ketting. It is only when you "catch 'em young" that they are tender and sweet. Much of our national lack of appreciation of vegetables is due to this tendency to go in for quantity rather than quality. The Warwick lima beans are no larger than your thumb nail, greenish and tender. There is over 5 per cent of protein in this vegetable, and when properly buttered and seasoned, it is one of the most attractive and nutritious of canned vegetables. The Queen Baby succotash is made from soaked dried beans, but both beans and corn are of baby size; there is no excess of water, and the 3 per cent of protein, 2 per cent of sugars and 1 per cent of fat, indicate a quality that is borne out by the taste.

But it was on the corn that we expended our best efforts. This product had over 4 per cent of sugars, 2.64 per cent of protein, 1.29 per cent of fat, and was declared to be "very fine and sweet in flavor." It is a fancy Maine pack

The Advantages of Tinned Goods Are Many When Served in Varied Delicious Recipes

and when combined or made into a chowder, according to the following recipes, yielded exceptionally savory dishes.

Corn Chowder

2 tablespoonfuls 1 can corn (11 oz.)
dried onion (or 2 cupfuls boiling
4 to 6 of fresh water
chopped onion) 4 cupfuls milk
1 cupful boiling 5 cupful mashed
water potato
1 ounce salt pork salt and pepper

Boil the dried onion in one cupful of the boiling water for five minutes just enough to bring them back to the fresh state. Fry the salt pork, skim out the meat and in the fat fry the onions. Simmer the corn in the two cupfuls of boiling water for about ten minutes. Add the milk and mashed potato, the pork, onions,

salt and pepper. When well blended, serve with crackers (added to the chowder at the end if desired). This amount makes about six portions.

Escalloped Corn

1 can corn (11 oz.) 4 teaspoonfuls
3 slices bread (1/2 butter
1/2 inch thick 1 cupful milk
Salt and pepper

Into a buttered baking dish put a layer of corn, then a layer of bread crumbs, salt, pepper and dots of butter. Repeat until all material is used ranking the top layer of crumbs. Bake for twenty minutes in a hot oven (400 F.).

This dish is more exciting than it sounds, but remember to be not stingy with the pepper pot.

A Kitchen Time-Saver—Canned Spaghetti With Unusual Sauce

THE new Beech-Nut blend of spaghetti is one of the lifesavers for those who must eat but must be quick about it! And the best of cooks could hardly exceed its quality with any amount of time, though some may want more cheese in theirs. Only about 1 per cent of fat, due to cheese, was found, and this flavor is extremely delicate, though distinguishable. There is no drained liquid at all, the sauce being thoroughly incorporated and the whole rich and well blended.

These products are mostly starch and moisture, the latter 82 per cent, but the 5.25 per cent of protein indicates a good wheat product and the cheese and tomato "balance and ration" perfectly. They are not used merely for joy!

Ready to Serve

Special care has been given to the sauce and blending of flavor in this product. It is slightly sweet and rich, really best used "as is," though some may like it served with grated parmesan cheese or put

under the broiler with a few slices of bacon on top.

Boiling spaghetti for half an hour, making a sauce, grating cheese, and cooking again—all this is saved the housekeeper when she pays the price for a ready-to-serve product of this kind. It is not economical from the point of view that it could be home-made for less money, buying the dried macaroni, less its moisture. But for 15 cents a pound or 9 cents a portion, to form the backbone of the meal for two persons, it is still a saving meal compared with cafe or restaurant food, and so is economical, as well as fine quality and trouble saving, for those who travel through life by the grill and hotel routes.

Vary to Suit Taste

One more suggestion: Try adding a small can of boned chicken to this can, putting a very small onion in the center (to be removed before serving) and heating on the grill (with a little cream or milk to prevent drying out), then browning underneath, using the reflector. If you do not produce a one-dish meal of high quality, at a minimum of labor and expense, we will pay the difference. Served with a salad every need is met.

(Tested and endorsed by The Tribune Institute)

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